

We claim:

1. A method for use by a device capable of communicating in a wireless communications environment via a radio frequency channel, comprising the steps of:
  - detecting that another device is also using the radio frequency channel;
  - adjusting transmit power in response to said detecting.
2. The method of claim 1 wherein the step of adjusting transmit power does so in response to a message received from the another device, the message indicating the transmitted power level of the another device.
3. A method for use by a device capable of communicating in a wireless communications environment via a radio frequency channel, comprising the steps of:
  - detecting that at another device is also using the radio frequency channel;
  - adjusting transmit power in response to a message received from the another device, the message indicating the power level of the another device.
4. A method for use by a device capable of communicating in a wireless communications environment via a radio frequency channel, comprising the steps of:
  - maintaining a known devices table, wherein the known devices table includes an entry for each other device operating on the radio frequency channel, and wherein for

each entry, a backoff value is recorded for each other device, the backoff value for each device indicative of an amount that the device's power has been adjusted;

setting the transmit power of the apparatus to a level equivalent to the apparatus' maximum transmit power minus the maximum of the backoff values recorded for each other device.

5. The method of claim 4 further comprising the step of:

transmitting a backoff value indicative of the amount by which the apparatus has adjusted its transmit power.